|  |  |
| --- | --- |
| NAME: **Enter Name**  PID: **Enter PID** | ERC Academic Advising  Ph: 858-534-9864  <http://vac.ucsd.edu> |

**Academic Success Worksheet**

*Please fill out, print, and bring with you to your advising appointment*

PERSONAL INFORMATION

* Are you experiencing concerns related to Basic Needs?  
  *(ex: food, housing, and/or financial insecurities)*  **YES**  **NO**
  + If you marked “Yes” above, please explain: **Enter Text**
* Please list those in your support system *(ex. friends/family/loved ones):* **Enter Text**
* Do you have a CAPS (Counseling & Psychological Services) release?  **YES**  **NO**
* Do you receive Financial Aid (grants, Veterans, loans)?  **YES**  **NO**

TIME MANGEMENT

* Where do you study the majority of time? **Enter Text**
* Approximately, how many hours per week did you spend on each of the following last quarter:
  + Attending Class : **Enter Number**
  + Studying during weekdays : **Enter Number**
  + Studying during weekends : **Enter Number**
  + Working, interning, or volunteering : **Enter Number**
  + Social or co-curricular activities : **Enter Number**
  + Gaming, Netflix, or social media : **Enter Number**
  + Other Commitments (explain) : **Enter Number**
* How often do you go home? **Enter Text**

RESOURCES

* How often did you consult with your professors or TAs during office hours? **Enter Text**
* Did you utilize any tutoring services?  **YES**  **NO**
  + If so, list resource(s): **Enter Text**
* Did you participate in any study groups?  **YES**  **NO**

SELF-REFLECTION

* Which course(s)/material do/did you…
  + Enjoy the most: **Enter Text**
  + Enjoy the least: **Enter Text**
* In which courses were you…
  + Most successful: **Enter Text**
  + Least successful: **Enter Text**
* What behaviors and/or situations do you think contributed to your academic difficulty?

**Enter Text**